



Orientation Meeting One

Rules of the Road

Basics

Below are some general rules and tips based on past People to People trips. Remember, your behavior reflects upon our group and our country. Everyone is to show respect and consideration for all other members of the delegation. Any serious misbehavior will result in a call home and possibly an early return to the United States at your own expense. Please feel free to talk to us at any time about special problems – or even if you are just feeling homesick.

Airport Rules

- Be at the airport 2 to 2.5 Hours prior to your departure.
- Know luggage limits and stick to them. You must be able to carry your own luggage. Have ID tags on all pieces and identification inside every piece of luggage.
- Pack lightly and leave room for gifts and souvenirs. Airlines will charge for overweight luggage. It is a good idea to not exceed 40 pounds for your suitcase and 10 pounds for your carry-on.
- Wear your People to People shirt, khaki pants and name badge during airline travel. This expedites airport processing and quickly identifies the group.
- Maintain a respectful attitude. This is imperative when passing through security.
- During the flight, only ring for the attendant if necessary. Be aware of excessive movement and noise that could be disruptive to other passengers.

Buses, Subways, Vans and other Modes of Travel

- Be at the bus five minutes prior to all departures. Be prepared to count off by number.
- Stay with your delegation during all travel (in the same rail car, etc).
- Be careful when walking on city streets. Drivers may not give you the right-of-way so notice any traffic congestion and obey all signs.
- Students are NOT permitted to drive any motorcycles, cars, boats, etc at any time due to insurance liability.
- Carry personal items (your camera and money) with you at all times or lock them up if possible. Do not leave valuables unattended on the bus, hotel or at restaurants, etc.

Hotel Guidelines

- When arriving at a hotel, stay on the bus until directed to disembark. A leader will check everyone in and then you will unload. Please assist fellow delegates if you see a need.
- No running, horseplay, loud noises, loud radios, etc. in any part of the hotel, including your room.

- Report any room damage to your leader upon arrival. It is best to check on it in the beginning rather than charged for it at checkout. If you accidentally damage something, tell a leader immediately.
- Do not pick up any “souvenir” items from the hotel room. House cleaners take inventory when delegations leave.
- You will usually need to turn in a room key at the front desk when leaving the hotel. Lost keys typically result in a fine so know where your key is at all times.
- You will rotate room partners from time to time in an effort to build group unity. However, you may not switch rooms without leader permission.
- Please respect the privacy of your roommate(s). If he/she goes to bed early, come in quietly at curfew.
- Make sure you have the necessary adapters and/or transformers if you plan to use electrical appliances.
- Always keep your door locked. Never open the door without knowing who is on the other side.
- Carry a hotel card with its address/phone number whenever you go out in case you get lost.
- Phone calls are expensive. Check to see what charges are before calling, especially from your hotel room.
- If any problems arise, contact your leader first. Your leader will contact the hotel staff if necessary.
- Each evening, usually at dinner, announcements will be made concerning curfew, dress/ activities for the next day, current day issues, etc. Please follow these instructions.
- Do not partake in any food or beverages in your hotel room. These “snack bar” charges are very expensive.
- Wear appropriate clothing when out of your hotel room. No bare feet, PJs, underwear, towels, etc.
- Leaders will conduct nightly room checks at curfew. Once bed check is completed, you may not leave your room without leader approval.
- Check all drawers and closets for personal items when checking out. Delegations cannot return for lost items.
- If you use the hotel’s laundry facilities, do not leave your clothes unattended. They may become permanently “lost”.
- Bring soap to hand wash clothes in your hotel room.



Orientation Meeting One

Rules of the Road

General Reminders

- Your attitudes and behaviors reflect upon our group and the United States. Remember to act appropriately at all times.
- Be sensitive to exhibiting any culturally unacceptable words, body language and hand signals.
- Ignore and walk away from any potential hazards. High school groups must have at least four students; junior high and elementary students must be with a leader.
- Never accept an invitation to go places with strangers and do not invite them to your hotel or group functions.
- If you are meeting with family or friends on the trip, we must have written permission before departure.
- Don't be ethnocentric. Our values may be different and not necessary right for our host country. You must obey the laws of the country we are visiting.
- Smile whenever possible. Show appreciation and kindness to those you meet. Learn and use the foreign phrases for "please" and "thank you".
- Go for the gusto! This may be your only time in this country. So be prepared to try new experiences—including food.
- On guided tours please remain quiet and pay attention. You are expected to show respect to the guide and to those around you. Avoid chewing gum and wearing hats indoors.

Dress

- Your appearance tells a lot about your attitude. People to People groups are often complimented on their appearance as we always try to be appropriately dressed.
- We will announce dress for the following day each evening. Reminder: A=Dressed up, B=casual pants/jeans/tops, C=very casual (t-shirts, shorts).
- Any clothing with drug, alcohol or inappropriate words or pictures is not permitted.
- People to People does not allow or condone any tattooing, body piercing, head shaving or hair dying while traveling.

Home Stays

- You are a guest, but do not expect to be pampered. Take part in family outings, chores, etc. Do not monopolize the bathroom in the morning; hot water heaters are often small so monitor your water usage. Utilities are expensive overseas; always ask permission to use appliances.

- When in the homestay placement, do not make your own plans or meet other People to People students. The hosts typically plan total group activities.
- Only make phone calls with your host's permission and at your expense.
- Be able to give your opinion on current world events. Your hosts will know much about the United States. So read up on the host country so you can discuss things intelligently.
- Bring pictures of your home and family to share with your host family. This is a good icebreaker.
- Please at least sample food prepared by your host. It may have taken hours to prepare.
- Leave your appreciation gift at departure so your hosts do not feel obligated to reciprocate.
- It's appropriate to leave a "thank-you" note, but also try to send a follow-up post card.
- If any serious conflicts arise, contact a leader, but please do so after you have done your part to resolve the issue.
- Contact a leader if any medical problems arise.

Shopping and Money

- Comparison shop. Home stay families can often advise on your "dollar's" worth.
- Use a money belt and carry all money, checks and passport with you.
- Budget your money. Try to keep some aside in an emergency fund. Do not expect to borrow money from anyone else. Don't expect to wire home for additional funds. We are on the move too much to arrange for pickups.
- Avoid buying large, heavy items you'll have to carry. Do not buy large knives, swords or other weapons—they will be a confiscated by the Airlines and make getting through Customs difficult.
- Bring extra film/memory cards and batteries with you. They are expensive to purchase overseas.
- Buy only from reputable merchants. Buying or trading on the "black market" is illegal.
- Keep track of your purchases and keep receipts. Staying under the limit of \$800 per U.S. citizen, will keep you from owing money at Customs upon return to the United States.

Medical

- Make sure to have all necessary medications with you, both prescription and over-the-counter.
- Prescriptions must be in original, marked containers. Be careful to base your supply on total travel days.



Orientation Meeting One

Rules of the Road

- Bring motion sickness medication with you. If you normally get ill when traveling, take it before embarking.

Restaurants

- Your delegation will enter and leave the dining room as a group. Keep noise level to a minimum. Be on your best behavior, use good manners and be polite to servers and other guests. Do not wear hats indoors.
- Please allow leaders to handle any special requests. Notice what may be your fair share of helpings at the table and share with your tablemates.
- You may be responsible for any additional beverages ordered; know the prices before ordering. Alcoholic beverages are prohibited for all People to People travelers.
- All students are required to appear for all meals on time so we can account for everyone and make any necessary announcements.

These Rules of the Road serve as basic guidelines. See your leader for any additional information specific for your destination.

I have read over the attached "Rules of the Road Guidelines" and understand their purpose and intent.
I will abide by them.

Student Ambassador Signature: _____ Date: _____

I have read over the attached "Rules of the Road" with my child and understand their purpose and intent.

Parent Signature: _____ Date: _____